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MARCH 2022

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BENEFITS OF HYPERAWARENESS

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6 QUICK & TASTY RECIPES

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SATOSHI TAJIRI'S LEGACY

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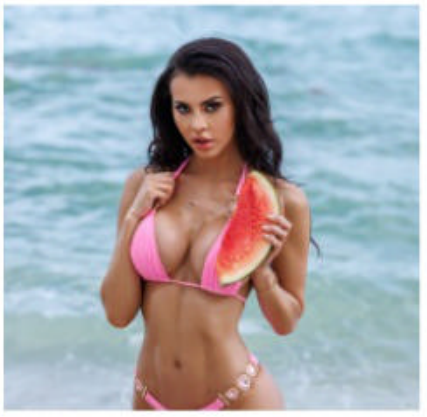

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The Keys To Keeping Alert While

Gaming & Living Life!

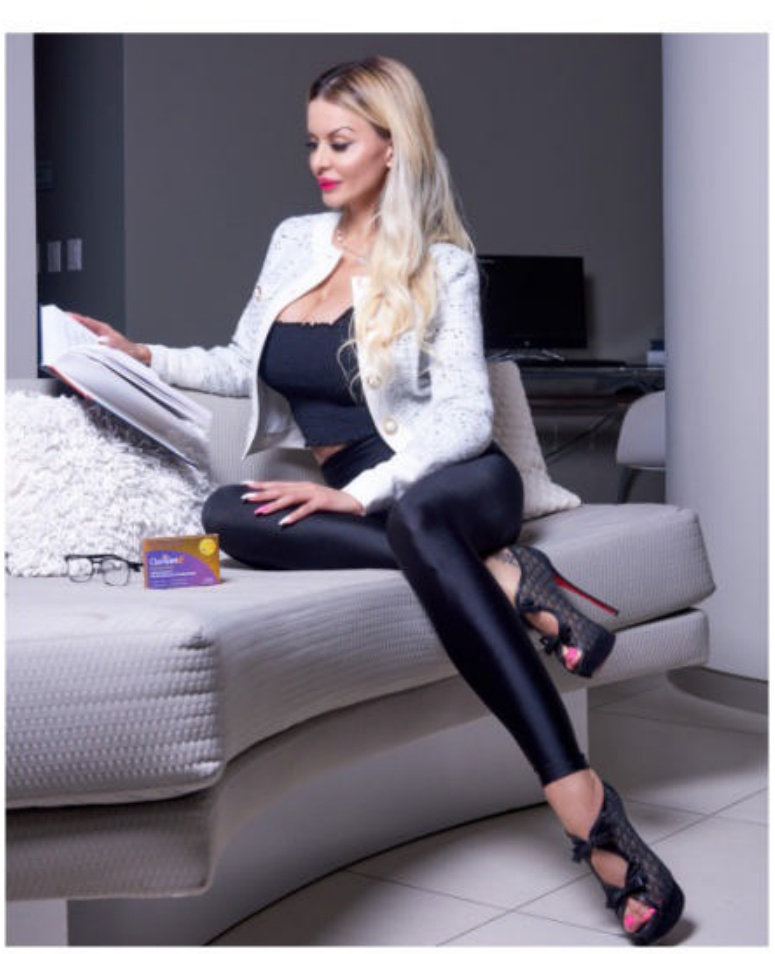
If you are a gamer, you know very well that keeping alert, awake and focused are key components to success in whatever 'world' you are navigating through. And with more people turning to gaming and technology in general, so are the rise in addiction rates to drugs such as Adderall, which can be very harmful. That is why new, all-natural companies are emerging and doctors are speaking out about why gamers and others who need to keep alert should turn to more natural solutions to get the same results that won't harm them either short term or long term.

FHM spoke with Mick Emandi, one of the masterminds behind a new capsule product that has been trending around the world called ClariGenZ, that has been a go-to for gamers and others that provides an immediate intense focus and crystal clarity to those who take it to achieve maximum performance and productivity. We spoke to him about the industry as a whole and tips we all should keep in mind when deciding what to consume in our bodies. Plus, we spoke about how the movie "Limitless" relates to how many people are seeking a special solution to help their minds do the unthinkable these days in real life... and if such a pill will ever come to be!

In a world overrun with false labels, magic pills, and fine print, why is it important now more than ever to be straightforward and blunt with people? In today's world, being straightforward and blunt accomplishes two things. First, it cuts through the market and gets your message out. But most importantly, it builds trust with the consumer. And ultimately, that's what successful brands are built on. That's why we engineered our products to deliver straightforward results without the fine print.

Why should more people look to more natural solutions for their problems/addictions? Prescription medications come with a laundry list of side effects that can cause permanent harm to your body and organs. Not to mention they're usually chemically addicting. Natural solutions not only help you improve your health but also help rejuvenate the body. They rarely have any nasty side effects and often make people feel much better.

In testing the application and viability of ClariGenZ, we found that patients with ADHD taking addictive prescription stimulants such as Adderall/Modafinil to boost productivity or for performance enhancement (whether from a doctor or from a "friend") unanimously reported ClariGenZ to have the same effects as prescription stimulants, but without the detrimental side effects. No spike in blood pressure. No pounding heart rate. No jitters, crashes, mood swings, restlessness or even insomnia. Just clean focus, clarity, and motivation. And because our product is non-habit forming by nature, it offers those with dependence issues a safer, natural alternative. You get all the benefits of prescription stimulants without the side effects. Plus it won't show up in drug tests for amphetamines, THC, or stimulants of any kind, making it safe for athletes and professionals trying to get the "edge".



Can we really be "Limitless" like the hit feature film? Like the film, there are productivity and performance-enhancing drugs out there. A few that come to mind include Adderall and Modafinil; both have dangerous side effects, especially for those without ADHD. On the other hand, there are dozens of supplements that are made from proven ingredients that have some benefits over several weeks or months. Relating back to our product, we have a proprietary formulation that triggers an almost immediate brain chemical cocktail of acetylcholine, dopamine, serotonin epinephrine, and norepinephrine. These 5 intelligence hormones serve

ClariGenZ
FOCUS PLUS+
Performance & Productivity

to enhance the frontal cortex function of the brain - the area that manages higher-level executive functions to prioritize many streams of information, tasks and achieve goals faster and better.

Why would your pills help gamers? The gaming market is massive! Gamers fall into two categories, professional and recreational. Professional gamers get paid upwards of hundreds of thousands of dollars and often have sponsorships from caffeine and sugar-laden energy drinks companies. Their professional career depends on them being at their mental peak for 6 hours or more without crashing or getting jittery. A product like ours enables them to think and react faster for very long periods of time without issue. We provide the immediate advantage for professional gamers while also promoting muscle memory and long-term focus and concentration.

Aside from just gaming, what 5 important tips can you give to those wanting to break into the healthcare market?
1. Choose a field in high demand. Genomics for example is my next project.
2. Partner or work for a company that is a leader in that field.
3. Provide a value add service or option that the company may not have currently.
4. Create a separate profit center or revenue stream for the company.
5. Price those services below what competitors would compete at so you can always be the market leader.

What is the best advice you have ever gotten? Don't try to change people, you can only change yourself and how you perceive others' actions.

How important is social media and a proper strategy in order to succeed these days? It's imperative in today's world. When we see the same product in multiple social media channels daily, we adopt the same trust or confidence we have in that channel or influencer for the product that is being showcased. Social media can go viral to complement paid media and get your product to a much larger audience exponentially.

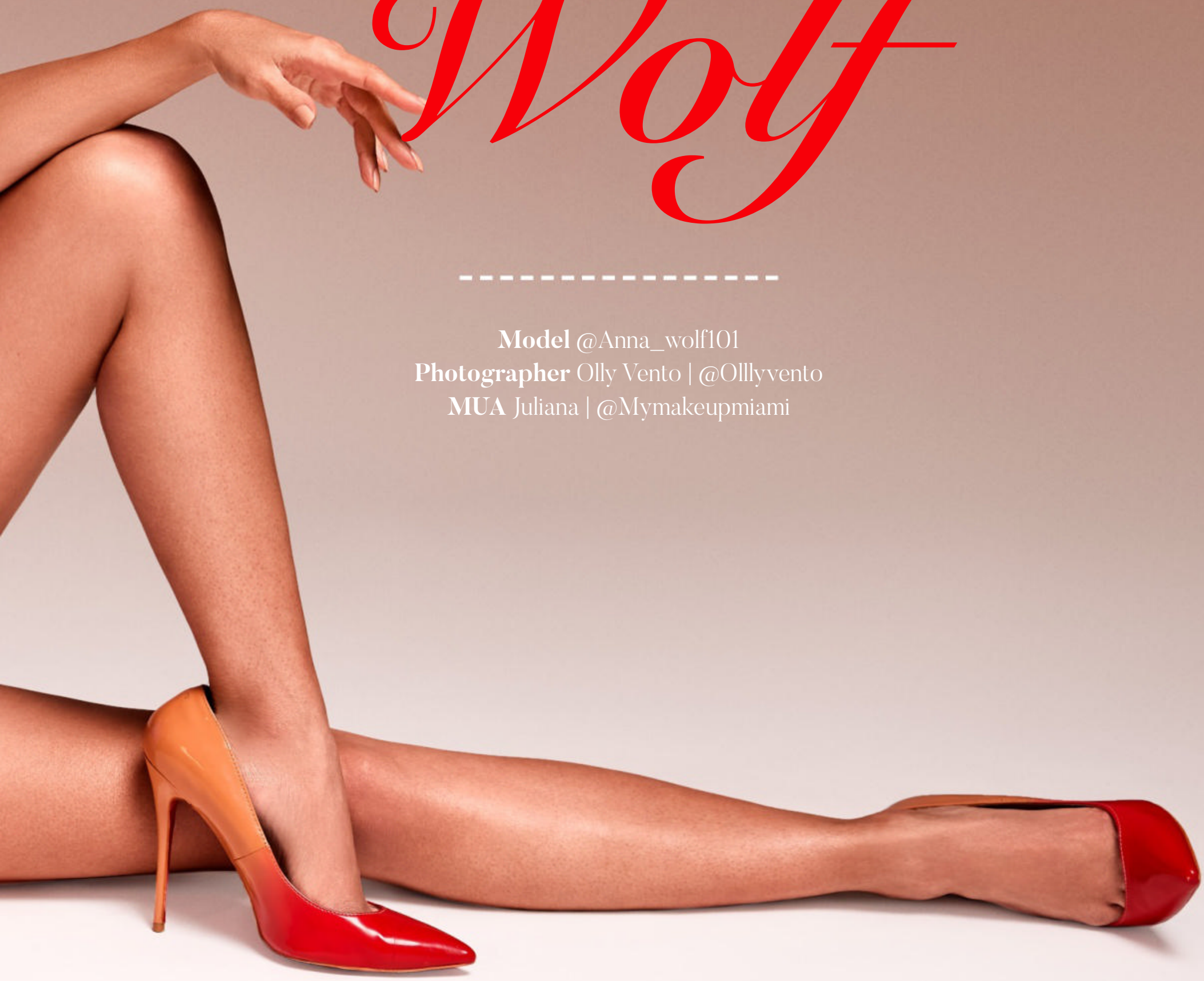
How has COVID-19 changed the way you approach things as a businessman? E-commerce has had a boom due to COVID.

Before it was all about distribution to retail outlets and paid advertising to drive traffic to those locations. Now the direct-to-consumer channel is what you focus on first to get the product in the consumer's hands sitting at home leveraging social media to reach them.

What is your ultimate goal for the future both professionally and personally? The abuse of Adderall and other addictive drugs has such a negative effect on our children's well-being and leads to so much addiction. Almost 50% of college students between 18-25 have tried Adderall as their "study buddy" and when combined with alcohol, the drug can be deadly. I would like to help eliminate these tragedies by enabling our children to have a safer alternative to ace their exams and achieve their goals.

Most Wanted!

Anna *Wolf*



Model @Anna_wolf101
Photographer Olly Vento | @Olllyvento
MUA Juliana | @Mymakeupmiami

UMBILICUS
ABDOMEN
BIKINI CANAL

CHEST
NIPPLE
UMBILICUS
KNEE

CHEST
NIPPLE
BREAST
HEART

TOP 6 BEST ZOMBIE GAMES OF ALL TIME!

With the zombie craze in gaming having died out a bit recently, and Dying Light 2 looking to bring it back, looking back at zombie games throughout the years one realizes how many great games actually featured our undead friends. So if you have a zombie itch to scratch, then the following six games will be the perfect remedy for you.

The Resident Evil Series

Seen by many as the gaming series that popularized the zombie genre, Resident Evil has been a mainstay in horror games since 1996. Although the series has had its up and downs, the series recently found its form again with the terrifying Resident Evil 7 and Resident Evil Village. Yet the original Resident Evil is still considered by many as the ultimate zombie game, seeing you take on the living dead in a creepy mansion. Thanks to the HD remake, the first Resident Evil still holds up and is considered a classic in zombie culture. Do yourself a favor and play the newly released Resident Evil 2 and 3 as well to get a sense of what made this series so well-liked amongst the gaming community.

Dead Rising

Based off of the success of the Resident Evil series, Capcom introduced another zombie flavored game in the guise of Dead Rising, a zombie game that took great inspiration from the classic horror movie Dawn of the Dead. Unlike Resident Evil, Dead Rising is a more lighthearted take on the zombie genre. Absent is the tense horror of Resident Evil, replaced by a fast-paced zombie slaughterfest coated in camp. Its biggest strength, however, lies in its weapon variety. With hordes of zombies to kill, Dead Rising's mall setting enables countless ways for protagonist Frank West to lay the dead back to rest. From clothing stores to hair salons, toy stores to food courts, each of Dead Rising's locations presents players with a memorable variety of deadly everyday items.

The Last of Us

After the huge success of the Uncharted series, developer Naughty Dog unleashed The Last of Us on the world. A game that can be seen as the exact opposite of Uncharted and the globe-trotting antics of Nathan Drake, The Last of Us is a somber look at surviving the end of the world. It's brutal, it's emotional and it's incredibly good. You play as Joel, a survivor that lost his daughter, who is tasked with looking after Ellie, a young girl that might have the cure for the infection. The overall game is bleak, yet filled with heartwarming moments and is still seen as one of the greatest games ever made. The sequel is just as brilliant and even more heartbreaking, so if you like your zombie-filled games filled with tons of emotions, then look no further than The Last of Us.

State of Decay 2

This Xbox exclusive had all the promise of a great Walking Dead simulator, with players set in an open world trying to survive the swarms of infected, all while building a community with other players and surviving. Sadly the game can be quite clunky, but over the years with numerous patches and updates, State of Decay 2 has finally reached its promised potential. It trades in the genre's typical fast-paced brain-bashing for a slower-paced focus on survival and community building. You get to play with different characters, each with their own strengths and weaknesses, but if your character dies, then that is it. They are gone forever. It's a wonderful tense situation that often sees total panic from players as they try to save their favorite character. It also offers a wonderful co-op experience as you and a buddy try to survive the harsh world of State of Decay.

The Walking Dead: Season 1

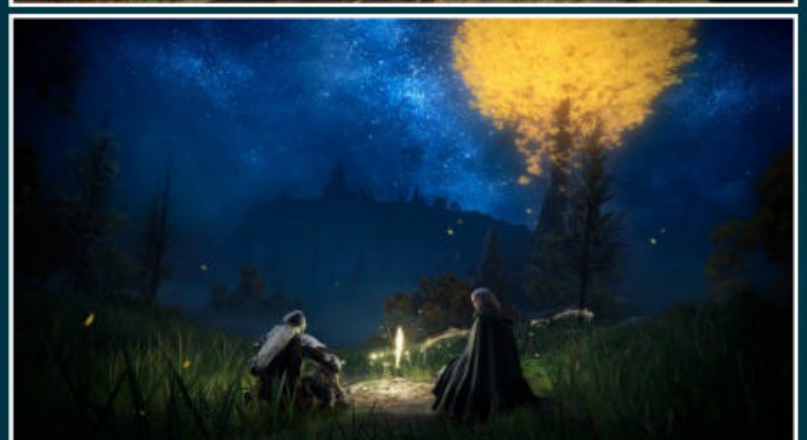
The Walking Dead used to be a brilliant show, then, it wasn't anymore. Thankfully while the TV show itself was dreadful, the game from Telltale wasn't. Through the masterfully-written first season, Telltale proved that point-and-click adventure games could somehow manage to terrify. The writing and delivery are minimal and masterful, with the bulk of the effort spent creating flawed characters we love or loathe and then stripping them away from us one by one. By the end, we wonder if anybody is getting out of this alive. The Walking Dead Season 1 helped kick off a revival of adventure game storytelling which continues to influence game design today. With some of the hardest decisions in gaming, we will never forget the story of Clementine and Lee.

Red Dead Redemption: Undead Nightmare

There once was a time when developer Rockstar used to deliver amazing DLC to their already fantastic games, the wonderful The Ballad of Gay Tony for GTA IV to be exact. Yet now Rockstar has found out that GTA V Online makes billions each day, it seems they have forgotten about single-player DLC. Fortunately arguably their best ever DLC is still very playable thanks to Xbox's backward compatibility. Red Dead Redemption: Undead Nightmare takes the incredible open world of the original series and places hero John Marsten right in the middle of a zombie outbreak. Undead Nightmare was pure zombie-blasting bliss with a healthy dose of supernatural armageddon to boot. Turns out John Marston was born to slay the undead and ride the horses of the apocalypse. Undead Nightmare set the gold standard for single-player DLC and remains a standout example of reimagined excellence.

ELDEN RING

For decades now, Japanese developer From Software has been punishing players with their rock-hard games, from monster slashing Demon Souls back on the PS3 to the ninja sword clashing of Sekiro. Yet despite the difficulty of these games, From Software is one of the most celebrated developers out there at the moment. Fans adore the soul series of games and what was once a niche market, has grown into one of these most popular, even becoming one of the games that has been ripped off the most, creating the term souls-like. Now in 2022, From Software is back with their biggest and most exciting game yet, the most-touted Elden Ring. In collaboration with the current king of fantasy, George RR Martin, the mastermind behind the wonderful Game of Thrones books, Elden Ring looks to expand on everything From has done and go even more epic and even more difficult.



What sets Elden Ring apart from the likes of Dark Souls and Bloodborne is the fact this will be From Software's first attempt at an open world. Previous games were all set in smallish areas or funneled down a corridor, yet Elden Ring casts that aside for a massive open-world filled with adventure, secrets, and a lot of dying. Players familiar with the combat style of Dark Souls will feel right at home here, as the controls and attacks are very reminiscent of the Souls series. However, the biggest gameplay change comes in the way of a jump button as well as a sneak action, which on paper doesn't sound that impressive, yet changes the game considerably about how to approach the enemies. Since this is a massive open-world as well, you'll also get a ghost-like horse that can be summoned anytime to get you around the world faster. Many fans feared that the magic of the souls combat would be lost due to the open-world nature of the game, yet those fears can be put aside as the brutally punishing combat is still there, with massive creatures littered across the map, waiting to smash you to pieces. The bosses themselves are enormous as expected and some are arguably the most challenging bosses in a souls game yet.

The world itself looks amazing, and From Software really pushed the boundaries of the game engine. True, it might not stack up against the graphic fidelity of a Gears 5 or God of War, but the incredible art design and atmosphere this world creates is second to none. You will spend hours traversing the landscape, often stopping just to take in the scenery, and then most likely get mugged off by a massive monster. Yet there lies the magic of Elden Ring, true beauty one second, turning into a bloodbath the next. From Software has done the unthinkable, taking a formula that only worked in corridor-based gameplay and set it in a big open world, and still manages to make it incredible. For fans of the souls series, this is arguably From Software's best game to date, taking everything that made the previous games so special and enhancing it in every way. For newcomers, don't be put off by the difficulty, Elden Ring is difficult yet, but in a fairway. It's one of the biggest games of 2022 and arguably already the game of the year.

DYING LIGHT 2

In 2015, developers Techland released Dying Light to little fanfare, considering the disappointment of their previous zombie games, Dead Island. However, Dying Light was different, it was actually really, really good. Featuring crunchy first-person melee combat, combined with excellent parkour like traversal and some truly terrifying enemies. It took the gaming world by surprise and quickly became one of the games of 2015. Sadly we had to wait 7 years before the sequel arrived, but based on how solid Dying Light 2 is, we'd say it was worth the wait.

Dying Light 2 is set 20 years after the original game, where despite our best efforts the virus and zombies won. This time you find yourself in The City, one of the last human settlements, torn by conflict. You are a wanderer with the power to change the fate of The City. But your exceptional abilities come at a price. Haunted by memories you cannot decipher, you set out to learn the truth and find yourself in a combat zone. Hone your skills, as to defeat your enemies and make allies, you'll need both fists and wits. Unravel the dark secrets behind the wielders of power, choose sides and decide your destiny. The City itself looks incredible and is a massive upgrade over Harran from the first game. With sprawling towers and skyscrapers to shanty towns, specifically designed to make use of your parkour skills. And in Dying Light 2 those skills will become even more important as the zombies and rival gangs are even more aggressive. One can just run in and smash a zombie over the head with a nail baseball bat, but you'll quickly be swarmed and chomped to bits. Tactically, Dying Light 2 is also a huge step up from its predecessor, with numerous new tools and skills to help outsmart your enemies. The most fearsome enemies from the original, the Infected, also make a welcome return, and much like the first game they only come out at night to hunt you down. It's still as terrifying as ever when hearing an Infected howl in the dark.

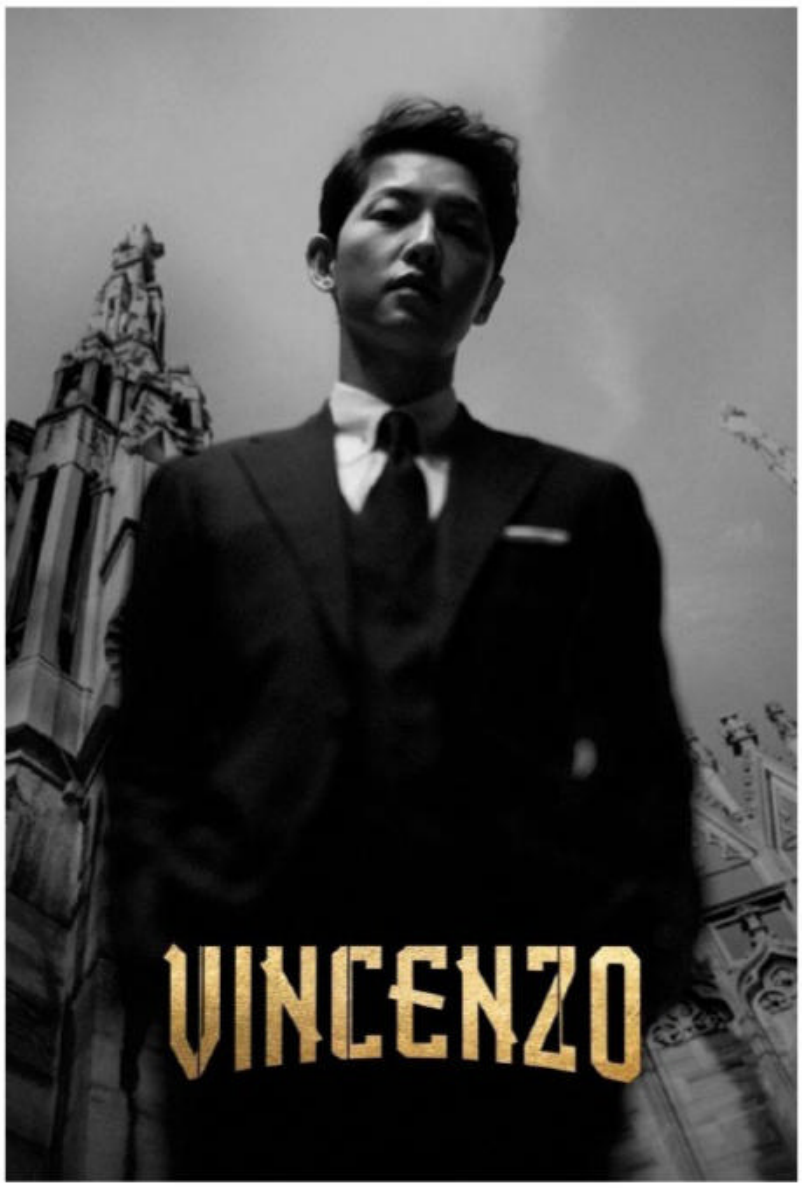
One big change to Dying Light 2 is that of choice and consequence. Although this was a feature in the original game, it was barebones at best. Dying Light 2 takes this to new levels, with multiple choices to be made along the way that has a massive impact on the story further down the line. Think Mass Effect with zombies and parkour. Another welcome feature is that of 2 - 4 player co-op, where up to 3 friends can join your game and help you out of sticky situations, or you can join theirs and see how their choices have affected their world. It's a great addition and you'll spend hours running around the city with friends, beating the stuffing out of rival gangs and zombies. Dying Light 2 is everything one would want from a sequel. Better graphics, bigger worlds and badder enemies. Even though the zombie formula has grown tired over the last few years, Dying Light 2 still manages to be a fantastic game and definitely worth your time and money.

Korean TELEVISION rocks

Recently there has been a boom in South Korean film and television in the west, no thanks to wonderful movies such as Oscar-winning Parasite and incredible TV shows such as the recent hit Squid Game. Thanks also in part to the rise of K-Pop, South Korea has become a juggernaut in the entertainment industry, flexing their creative and sometimes weird muscles to us in the west. Fortunately, the quality of TV shows doesn't stop at Squid Game, with a ton of quality series available to watch right now. Here are some of the essential South Korean shows you have to watch right now.

Hellbound

An original Netflix release about supernatural beings appearing out of nowhere to condemn people to Hell, the series stars Yoo Ah-in, Kim Hyun-joo, Park Jeong-min, Won Jin-ah, and Yang Ik-june. Hellbound takes place in 2022–27 in South Korea. An otherworldly face called an angel suddenly starts to materialize to deliver prophecies called decrees that condemn certain individuals to Hell at a specific future time, either seconds or years away. Three hulking supernatural monsters appear at almost the exact time to maul and incinerate the person's body in a sort of spectacular show of force called a demonstration. Two organizations in cahoots, the cult-like New Truth Society and the gang-like Arrowhead group, gain power by playing on people's fears. It's a show filled with existential crises and plenty of moral dilemmas. Hellbound displays a cruelty that feels intentional, inspiring a helplessness and disgust at how things play out and perhaps more disturbing than the show is the realization that the actions of the characters are, after all, a reflection of human nature.



Vincenzo

A dark comedy centered around a Korean Italian mafia concierge is as hilarious as it is brilliant. At the age of eight, Park Joo-hyung (Song Joong-ki) was adopted by an Italian family. He later joins the mafia and is adopted by Don Fabio, head of the Cassano Family. Renamed "Vincenzo Cassano" he becomes a lawyer, a consigliere for the mafia, and Don Fabio's right-hand man. After Fabio dies, Paolo, Fabio's biological son and the new leader of the Cassano Family attempts to kill Vincenzo. He flees to Seoul and sets out to recover 1.5 tons of gold that he helped a recently-dead Chinese tycoon secretly stash within the basement of Geumga Plaza. However, a subsidiary of Babel Group has illegally taken ownership of the building, and Vincenzo must use his skills to reclaim the building and recover his fortunes. Filled with wonderful characters, a slightly over-the-top plot, and some heartwarming moments, Vicenzo is a great take on the tired tropes of a mafia family.

Sweet Home

Based on a web comic of the same name, Sweet Home is an energetic, thrilling apocalyptic horror story about monsters trying to kill everyone and take over the world. This horror series takes on the zombie genre in a unique way, as viewers follow the life of Cha Hyun-soo (Song Kang) who moves into a rundown apartment complex after his family is killed in a car accident. As people in the city start to turn into terrifying monsters of various forms, Cha and his fellow band of misfit survivors have to fight to protect humanity. Sweet Home is another great example of taking the over-the-top and crazy storylines usually presented in webcomics and bringing it to life on the screen. It stays true to the web comic which does mean it goes super violent and super weird sometimes, but that just adds to the charm of this dark, bloody and unpredictable series...

Crash Landing On You

Moving away from the weird and wonderful and onto the biggest genre in Korea today, Kdrama. Crashlanding on you is one of the most highly viewed shows in Korea at the moment and for good reason. Yoon Se-ri (Son Ye-jin) is a young, beautiful, and supremely wealthy woman who decides to go paragliding one weekend. She gets caught in a tornado that brings her over North Korea, where she lands. Trying to escape getting caught by North Korea, Se-ri is protected and hidden by Captain Ri Jeong-hyeok (Hyun Bin). While Jeong-hyeok attempts to help Se-ri and smuggle her back to South Korea, the two can't deny their growing feelings for one another. It's your typical modern Romeo and Juliet story, but set in a modern setting, and thanks to the wonderful acting of both main stars, it is one of the most moving dramas we've seen in ages. It's a wonderful story and a great way to introduce yourself to the genre of Kdrama.

Kingdom

One of the first Kdramas to really make an impact on Netflix, Kingdom gathered universal praise for its story and visuals. Set during the Joseon period, the king falls ill to smallpox and rumors start to spread that he has actually died. Meanwhile, Crown Prince Lee Chang is labeled a traitor by the Haewon Cho Clan, the clan of the current pregnant Queen, and her father, Chief State Councilor Cho Hak Joo. While trying to uncover the mystery of what happened to his father, the Crown Prince goes with his guard, thMoo Young, to Dongnae to look for Physician Lee Seung Hui who treated his father, only to be stuck with Assistant Physician Seo Bi and the mysterious man, Young Shin, in a village plagued with a mysterious disease. As calamity looms among the living, only one question remains. Can the Prince save his people in time and end the political turmoil at the capital or will the plague mark the end of the Joseon dynasty? The visuals are epic and the acting superb in the period drama that truly captures the essence of the Joseon dynasty and time period. A must-watch for fans of period pieces.

Mr. Sunshine

Another period piece set during the Joseon Dynasty era, Mr. Sunshine is a suspenseful drama capturing the grim reality of activists fighting for Korea's independence during the Japanese occupation. The series sees an orphaned noblewoman who trains as a sniper to serve in the Righteous Army, which was a civilian militia that fought against the Japanese forces and other outside invaders throughout Korean history. Lee Byung-hun plays Eugene Choi, a man who was born into slavery in Korea and escaped to the US to become a Marine, before returning to Korea in the early 1900s. Eugene and Ae-shin fall in love, despite Ae-shin being betrothed to a rich nobleman since childhood. Through Eugene, the series deals with negative sentiments against Korean-Americans in both countries, which are still very prominent today. Eugene and Ae-shin are also of two very different social classes, which they must overcome to be together. It's a wonderful study of the class system in Korea and the pressures that come with it.

Beyond Evil

A very dark and grisly detective drama that sees an eccentric local police officer begrudgingly paired up with the newly-transferred uptight son of a prominent chief, and the two brilliant, yet opposing minds radiate an exhilarating chemistry as they hunt down the monster hiding in their midst. Twenty years after a gruesome abduction and murder in rural Man-yang, the sudden disappearance of a young woman plunges the close-knit town into suspicion and chaos in the search for her before it is too late. Dark secrets are unearthed at every turn, with massive twists and turns around every corner. It's a wonderful show for anyone who loves their crime shows dark and dirty. But be aware, this show is not for the faint of heart and some truly messed up stuff goes down in the town of Man-yang.

Itaewon Class

It is quite a common trend in Korean TV to adapt webcomics into real-life tv, and Itaewon Class is one of the best. On the first day of attending his new high school, Park Sae Ro Yi punches his classmate Jang Geun Won, who was bullying another classmate. The bully is the son of CEO Jang Dae Hee. The bully's father runs a restaurant business Jagga where Sae Ro Yi's own father works. CEO Jang Dae Hee demands to Sae Ro Yi that he apologizes to his son, but Sae Ro Yi refuses. Because of his refusal, he gets expelled from school and his father gets fired from his job. Soon, an accident takes place. Sae Ro Yi's father dies in a motorcycle accident caused by his ex-classmate Jang Geun Won. Burning with anger, Sae Ro Yi viciously beats Jang Geun Won. He is soon arrested and receives prison time for violent assault. Sae Ro Yi decides to destroy the Jagga company and take revenge upon CEO Jang Dae Hee and his son Jang Geun Won. Once Sae Ro Yi is released from prison, he opens a restaurant in Itaewon, Seoul.

SHA

Good karma wears sensible shoes

FTED!

By Ian Kirke | Twitter @ianjkirke

Being deceived, duped, conned, or shafted isn't pleasant. But if you have been you are in damn good company. In 30 BC, according to Plutarch, Cleopatra misled her protector Epaphroditus and committed suicide. Prime Minister Anthony Eden was duped by Harold Macmillan during the Suez Crisis of 1956 resulting in the latter getting the top job, although to be fair Macmillan was simultaneously deceived by his wife Lady Dorothy Cavendish who was literally being shafted by Conservative grandee Robert Boothby. In 1967 a comprehensive review stateside concluded that Harry S. Truman and Lyndon B. Johnson had both deceived the American people about the Vietnam War. Even when a shyster has a surname with red flags and yellow flares erupting around it you would think that people would be savvier, although the 4,800 investors who were defrauded out of an estimated $64.8 billion believed that Bernie Madoff had their best interests at heart. Although on this occasion the judge had a different take on the matter and sentenced him to 150 year's incarceration in 2009.

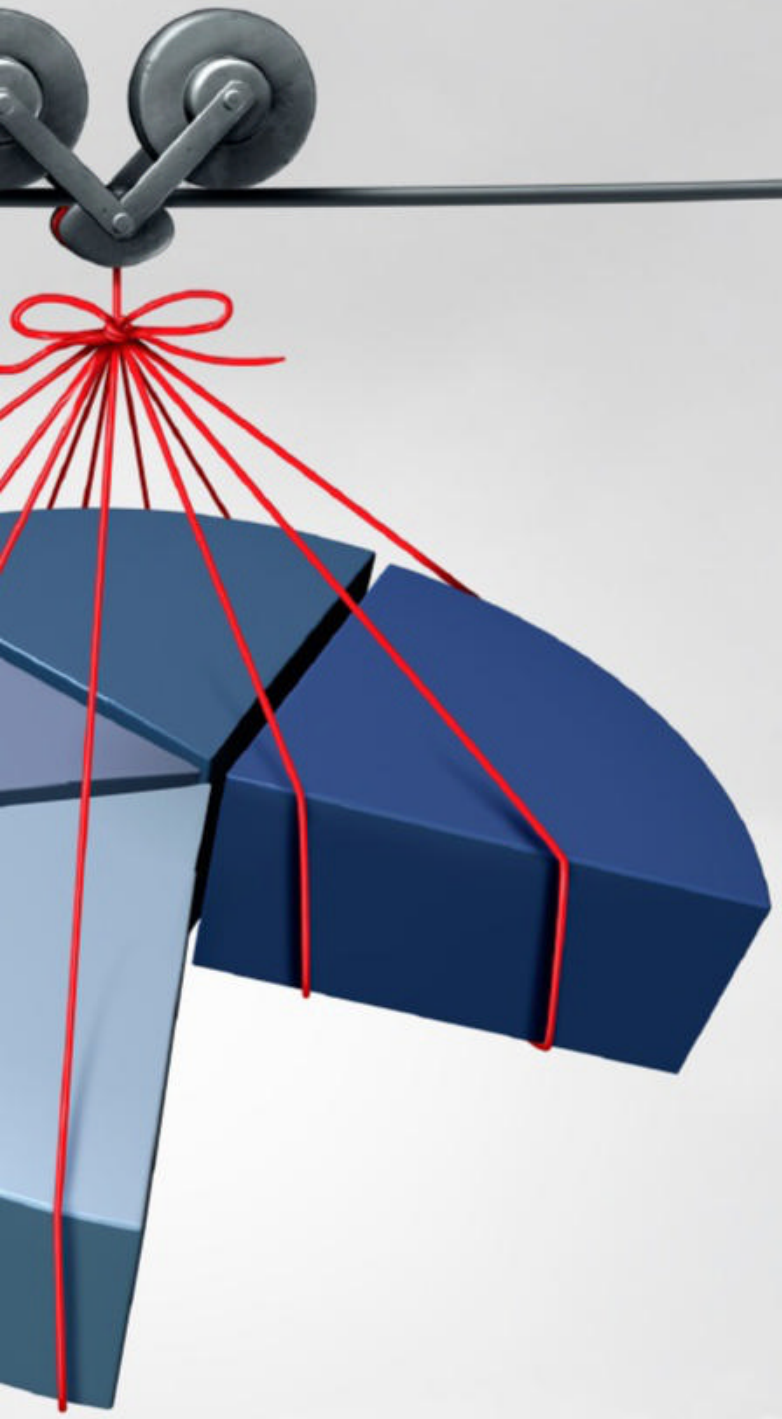
Having such esteemed bed fellows still doesn't make the con any easier to swallow, particularly when it dawns on you, and even more so if the perpetrator happens to be someone you trusted beforehand. But we human beings tend to be easy prey, generally wishing to see the good in people first. The infamous psychopath Ted Bundy used this trait to his advantage in the 1970s by luring many victims into a seemingly everyday situation whereupon their act of being the good Samaritan would ultimately cost them their lives. His existence was terminated in the electric chair in the State of Florida on January 24th, 1989. His particular demise was, in my opinion, wholly appropriate yet from personal experiences much lesser deceptions have often caused me to reach for the most disproportionate remedy. In the immediate aftermath of being hoodwinked, I have imagined the grisliest punishment for the assailants who had the nerve to plan and then execute a deep and painful shafting. But first of all, I have to confess to a deliberate con on the ones that are charged with investigating criminal deceptions, the police.

In the early 1990's I was a police trainer at Sulhamstead, an absolute peach

of a posting in the lush open green spaces of Berkshire. As a young dad, I wanted some normality back in my life and nine to five with weekends off for a minimum of three years was going to be the perfect antidote to the rough end of policing and a shift pattern that was designed to fuck your life up both in terms of mind and body. Early turn commenced at six in the morning, concluding at 2pm, and rolled on consecutively for seven arse-wrenching days. Literally, nothing happened at that time of the morning, and having shaved at 5am I not only looked like a hobo around 8am but felt like one too. I finally stumbled into my one complete weekend off a month at the end of this shitty ordeal.

The end of seven-night turns on the bounce was equally ludicrous since having finished at 6am on the Monday I was back to the fray eight hours later. The beginning of the week following the weekend before where all of the wankers who had been thumped in the face, usually drunk or equally deserving of a slap across their chops, had their lumps, bumps, and bruises inspected by their friends and work colleagues only to be told that they should report the incident to the police since a crime report would always be necessary for compensation. Or, on returning from a weekend away and wanting to mow the lawn to be surprised that their wooden bunker, secured by some garden twine or a broken peg had been viscously broken into and their mower nicked. This time of day was like New York's Saint Patrick's Day Parade where the police on duty were extras on one of the incarnations of the Living Dead films. Yes, on reflection I thoroughly deserved some time out!

Having successfully secured my position in training, the lesson for today for the 16 strong class of asbestos chewing hard arse cops who knew what it was all about having celebrated just shy of 12-months patrolling duty, was deception, under the auspices of section 3 of the Theft Act 1978. Colloquially known as bilking, the legislation engaged with those occasions when an offender dishonestly made off prior to settling a bill with the intention of avoiding the payment due. The case study I was using focussed upon a typical street scenario whereupon several people



would order food at a restaurant, consume the meal then do a runner to avoid the tab. There was obvious disapproval from the gobshites in the group who argued that this was more of a civil matter claiming that proprietors of such commercial outlets should employ greater countermeasures. Simply put, according to the best of British bobbies this wasn't a policing matter. Claiming it was a civil matter was wholly incorrect and to reference this against a limited knowledge of criminal law did this particular class no favors at all. Policing by consent isn't just about legal enforcement. Dealing with the often upset, confused, and bewildered victims is just as important yet I was beginning to struggle with convincing this lot of this key theme. The cognitive approach of examining the statute and how the Act had ultimately corrected a defect within the Theft Act 1968 failed to penetrate growing resistance. At this point, I knew that the only way to change their collective thinking was to enter the affective domain. In other words, the learning that is achieved through a direct exploration of our feelings, emotions, and attitudes.

I brought the session to a halt at 3pm, with two hours remaining before the end of class. I announced that I would photocopy the relevant legislation and supporting notes and requested that the group stay quietly in situ for the time being as they could leave early and conclude the reading in their own time. I left and walked straight to the nearby trainer's office, put my coat on, and took my mate Pete into my confidence asking that he pop his head into the classroom in twenty-minutes time. I then fucked off home. Apparently, when he ventured in the class they were meticulously well behaved, until that is, when Pete Carter told them where I had gone. In the morning, the distinct chill in the air was worth the temporary discomfort since these keepers of the peace had learned a valuable lesson that no piece of legislation or manual could adequately cover. Many years later, whilst custody sergeant at Slough dungeons, one of the constables from that class approached me, shook my hand, and thanked me for teaching him an important life hack. You would think that having orchestrated this positive sting I would have the sublime capacity to manage my own frequent bouts of being had over, although the trouble is when our guard is down we can often be easy to pick off. In my case, it happened at the same establishment and the learning I took from this tricky episode lasted much longer than a jaunt home and back again the following morning.

I had been placed on the starred scheme for rapid promotion. Not quite the same kudos as the Home Office version but nonetheless my own Force had deemed me a senior leader of the future. Police training had been revolutionized since I joined in 1982 and sitting behind desks learning legal definitions by rote had been replaced by open-plan classrooms that encouraged discussion, deliberation and often debate. I settled well into this new regime of the so-called 'safe learning environment' where leaving your comfort zone often meant having your own perceptions on life dismantled before your very eyes. It was a vibrant, experiential time where the old doctrines of hierarchy and simply tugging the forelock had been successfully challenged and steered the British Police from the notion of a force to

that of a service. A play on words? Try telling that to some 30-year veterans who felt utterly exposed and wishful of the old order of regiment, rules, and a consistent reality. I was surfing on the cusp of this wave although many of my immediate bosses were firmly stuck on the shoreline with beach towels congruent to their rank. And just maybe I had drunk too much sangria and my pseudo spirit of the 1960s had unintentionally irked one or two of the senior team that had tried, in vain, to manage me especially since I regularly called out the inefficiencies of the old ways. I guess that on one hand, I typified the brave new world of policing whilst on the other I was an arrogant twat. My most recent staff appraisal was in keeping with my potential for early promotion with a straight genius across the board. Since the British Police didn't have a captain rank it would have to be at least Commander Kirke.

Then one day I took up the challenge to help a senior boss with their three-hundred-and-sixty-degree feedback process. I merrily left my comfort zone in a Learjet not checking to see if my senior colleague had even checked in their luggage or indeed chosen a destination. I gave him the feedback he sought with a few additional pointers thrown in at no extra cost. I couldn't get fairer than that, could I? Three months later I had an unexpected baggage reclaim all of my own when my pre-promotion assessment saw me fall spectacularly from hero to zero. I had also been on annual leave for two weeks during this period. How could the mighty have fallen? And more puzzling, how come the senior officer who I had so eagerly helped felt compelled to attach a performance review when they had no direct line management over me? I had been royally shafted without lube and it hurt like hell!

Unbeknown to me certain bodily chemicals then ran amok and the urge for revenge over this travesty of justice became totally overwhelming. The initial flight or fight adrenalin rush that programs all of us to protect ourselves by either running away or going into mortal combat took over and I was up for thermonuclear war. The only reasonable response to the unceremonious method in which I had been fucked over was to expose the criminality of it all. I was in the police. A mere cursory examination of the facts would undoubtedly expose the villain of the piece. Or so I thought. Having taken it all the way with the grievance procedure I was promptly marched out of the Assistant Chief Constable's office after he had deemed that my appraisal was fair and that I wasn't ready for promotion. Other than public order training, the last time I had marched in that manner was over twelve years previously when I was a recruit in training. Police culture was turning but its arc of movement was, in reality, more like an oil tanker. Like the Clash, I fought the law and the law won.

I left Sulhamstead with a one-way ticket to Beirut, also known as Slough. Some years later I did achieve the promotion I had my heart set on and wondered how my career would have progressed if I had simply played the game in the first instance and graciously accepted the push-back?. As for the boss man, he never got any further up the ladder and the last I heard he had been kicked out to grass into some non-job and had a pretty wretched time in his personal life too. At the time of this unfolding event, I won't disguise the fact that I wanted him to hurt much, much more than me and, from intelligence that later came my way, the other officers that he had stamped on did too. Maybe Karma did its bit and plodded on at its own speed in sensible shoes rather than slipping on the high-end Nikeies as I originally sought to complete this life lesson in as quick a time as possible. For those of you, like me, who aren't scholars of South Asian religion, Karma, in a nutshell, is the spiritual principle of cause and effect. In other words, how an individual's actions have a direct influence on their future. I figured that the boss man had done enough shafting to finally pick up the full tab. Perhaps if he had handled the situation differently then his future life may have been rosier, yet conjecture will never throw Karma off its tracks.

The mother of all shafts, from my then employer, came a few years later after I had registered a business interest. As an employee, I was always a steadfast conformist when it came to work-based policy, a breach of which as a police officer could potentially connect with the common law offense of misconduct in public office with a heavy-duty punishment of life imprisonment. The thought of Bernie Madoff being released before me was all I needed to ensure that I disclosed everything about my intention to deliver training sessions on my days off. I wasn't going to sell my body, since I wanted to make some form of return, although rumor had it that an officer from the northern part of the force had been granted permission to be some form of an exotic dancer, and furthermore, I didn't want to conduct any underground activity, which many of my colleagues were already doing by, amongst other things, renovating houses. On one set of nights two colleagues brought in a drunk driver and whilst I documented the prisoner I invited the pair to take a seat in the custody office. Both surprisingly refused, later admitting that during the day a wall had collapsed on them

whilst carrying out some building work, and standing bolt upright was far more comfortable. Neither had a registered business interest.

My company expanded rapidly although it never impacted upon my day job. I never went sick and as a senior officer, I was always available via my mobile phone. I suspect that the old guard, who had placed all of their bets on the roulette table of promotion, were somewhat surprised when a lower-ranking oik rolled up to work in a brand-new BMW. My intention was never to gloat yet on reflection it was a barmy idea since up until that point I had purposely kept my business life under the radar. The writing was on the wall when a colleague looked at this epitome of elegance and announced their opinion: "Nice handles."

The next day I received a memo requesting that I resubmit my business interest application. That was just the beginning of an intrusion into my private life on an industrial scale from members of the complaints and discipline department, ringing clients and informing them that I was carrying out an unlawful activity and forensically delving into my financial records. I had told them everything, had an accountant from day one, and had completed every fiduciary return on time, every time. The only other thing I had achieved was success. I loved being a cop but even this emotional bond had to break when the same department, came back for some more a year or so later. They called on our friends who were renting our previous home before we sold it to inform them that they would lose the roof over their heads, and they insisted that I be interviewed shortly after my father-in-law had unexpectedly had a heart attack and died at our house whilst I was in the shower. I resigned and although scared to death that I had jeopardized the security of my family, once I stood on the Great Wall of China within a blink of the eye, having secured business at the Port of Shanghai, my anxieties began to fade fast. Where I am today is light years away from where I come from and the litmus test was complete when I felt a smidgen of sorrow for those who had shafted me.
Of course, there are times when, through no fault of your own, you are deceived in a certain manner of circumstances that warrants an appropriate response. I admire those that keep on going whatever the cost when the injustice continues to burn. The incredible courage of the families who eventually secured justice some thirty years after the Hillsborough tragedy which killed 96 Liverpool fans in 1989, who had excitedly turned up to watch the Reds take on Nottingham Forest in an FA Cup semi-final, remains peerless.

However, if the act of injustice hurts your pride or dents your bank balance occasionally Karma, if it deems fit and certainly if my own experiences are any yardstick, will figure it out and pronounce the most fitting sentence. But be warned this ancient philosophy is deliberate, gradual, and unhurried. If you are looking for a quick fix then choose an alternative route, however, be reassured that if merited it will come to pass.
As I conclude by folding my legs in the lotus position and closing my eyes, I feel compelled to reflect on my most recent dose of good fortune. The inspiration for this piece is a person (or persons) who ultimately lost far more than their H_2O panorama and couldn't, in the end, even propose a toast with their eye off the Evian. Karma eventually delivered on my behalf and the wait has been worth it. Cryptic and sensible. Case closed.

FHM

The World's Most Beautiful Athlete

Jala Sue

Feature by Gordon O'Reilly

Exclusive Photos by Harry LHGFX Photography @harrylhgfx
Executive Producer Paul Heyman @paulheyman
Makeup by @bombshellbeautyent
PR Leo Alderman | @leo.alderman @lsapublications

You will most likely not believe what we're about to tell you, but we promise you, it's 100 percent true.

Jala Sue is the mother of four children, and balances two careers that have made her world famous.

See? We told you. You most likely don't believe us. But nevertheless, it's true.

42-year-old Jala Sue, the World's Most Beautiful Athlete, is a competitive paddleboarding champion from Northern Michigan who is also, at the very same time, one of the most popular supermodels on the face of the planet today. *"Jala Sue is an inspiration to everyone who knows her,"* commented Harry from LHGFX Photography, who collaborated with Jala Sue to create these astonishingly sexy images. *"We all marvel at how she balances being a full time, a championship athlete and a world class supermodel!"*

It's Jala Sue's career as a supermodel that has her trending worldwide on an almost-daily basis, as she is perhaps the most popular member of an exclusive roster of supermodels under Heyman's #HustleBootyTempTats banner.

"The name #HustleBootyTempTats was a way to shake up the supermodel industry," Jala Sue told us. "It's the anti-influencer influencer brand. And if you research supermodels, you'll find #HustleBootyTempTats is the most popular supermodel brand in the entire world!" The #HustleBootyTempTats supermodel concept comes to us from legendary WWE hype man Paul Heyman, current Special Counsel to the Undisputed Universal Heavyweight Champion (and certified perennial WrestleMania main eventer) Roman Reigns.

Heyman discovered Jala Sue when a number of paddleboarding fans started an email and social media campaign to get Jala Sue noticed.

Heyman, who was named one of the top 100 global marketers by the prestigious Ad Age magazine, is - much like Jala Sue - a known multi-tasker, and besides his WWE career, he's the co-owner of a New York-based agency, The Looking4Larry Agency aka L4L.

"Our agency was doing supermodel photoshoots in Las Vegas for our Heyman Hustle website, and we were besieged with emails and letters and tweets and Instagram messages from fans of Jala Sue." Heyman noted. So, he immediately flew Jala Sue out to L4L's Las Vegas office and Heyman Hustle production set, located at the former Hard Rock Hotel and Casino. The moment he met Jala Sue, he knew he discovered a superstar. "I've made my living describing larger than life personas in a grand environment," Heyman laughed. "I can only describe Jala Sue... (deep sigh)... as indescribably gorgeous!"

Heyman, prone by nature and environment to hyperbole, can't be accused of embellishing the image he's presenting of his star supermodel. One exec from the old Hard Rock Hotel and Casino (now owned by Richard Branson's Virgin group and re-branded the Virgin Hotels Las Vegas) exclusively told us, "Jala Sue became the most sought-after supermodel in Las Vegas before her first photoshoot on the property was even half-over."

Continuing, he exclaimed, "what really made us all take notice was the fact Jala Sue worked on set from early morning until about 1 or 2 in the morning that first day of shooting and was up doing a three-hour stretching and yoga session the next morning at 5:45am, right back in from of the cameras."

Our former Hard Rock exec wasn't done backing up Heyman's claims about Jala Sue. "Most remarkable of all, Jala Sue had the very best attitude of any model or athlete or

celebrity I've ever worked with, and one way or another they all appeared here for us in Las Vegas. Not only is Jala Sue perhaps the most stunningly beautiful woman I've ever met in my entire life, she's also the humblest and most personable. Talk with her about her enormous accomplishments, and she'll tell you how much her children inspire her. She's just an amazing human being!"

So, besides being a supermodel hyped by a legend, a mom of four and the World's Most Beautiful Athlete, what other worlds does Jala Sue want to take over in 2022?

"That remains to be seen," Jala Sue said with an inviting smile. *"I'm always up for a new adventure. In fact, I think it's fair to say, I live for the challenge of it all!"*

Calling out the Big C

Cancer – there, I said it. According to the most recent research reported in the British Journal of Cancer, over half of us under the age of sixty-five will be diagnosed with cancer at some point in our lifetime. If you manage to dodge this bullet there is a significant chance that you will know someone who has cancer, and that some may die from the disease. I meet both the former and latter criteria, witnessing both my wife and mother-in-law succumb to this bastard of an illness. Yet, even in the face of these daunting statistics, there are reasons to be cheerful since cancer survival rates in the UK have doubled over the last four decades, and around half of diagnosed patients survive for more than ten years.

By Ian Kirke | Twitter @ianjkirke

So why do I still struggle to actually say the word without a convenient slang term to fall back on, as emphasized by the choice of title for this piece? If I am honest it still scares me, and I have found it one of the most difficult subjects to talk about. For me it even eclipses death. I guess that many of you reading this will also struggle to comprehend what a sufferer will feel like unless you have trodden the same path. Having said that, both of my personal experiences of cancer were different, and it wasn't until I was in the eye of the storm that I realized there are in excess of two-hundred types.

Because of the colossal emotion and daunting statistics, I had decided to file away this enormous disorientation, preferring the convenient comfort of the mantra, "It may never personally touch me." But who am I kidding? A coin toss away is hardly a satisfactory statistic. And if I was lucky, what about those people, including my friends, who weren't? Didn't I at least need to better support them, rather than hiding behind a pathetic synonym? Nonetheless, there were many reasons to procrastinate. Until I met Tina.

I've known her as a work colleague for a little over two years. Elegant, vivacious, confident, and a match for anyone, especially any pompous blokes who would dare berate her. We quickly developed a professional relationship. COVID-19 couldn't chip much away from her character even though our association became virtual, via Zoom and Microsoft Teams. Then she disappeared for a while and news started to filter through that her enforced sabbatical was health-related. Sometime later it was confirmed that she had cancer. The WhatsApp group messages invariably carried the usual platitudes. But then, what can you say to someone with cancer? Or more to the point, what should you say? Better to hide behind cliches and what we British folk tend to excel at – stoicism – metaphorically doffing one's hat in the direction of confusion, contradiction and on this occasion cancer. When Tina eventually appeared on the virtual meeting screen I assumed her headgear hid one of the consequences of her cancer, or perhaps the treatment. I had heard of chemotherapy, but I didn't really understand it, and wasn't even sure if Tina was undergoing this type of treatment.

Emboldened by the fact that she knows I am a feature writer, I took a deep breath, and broke the impasse by asking her the question, "Can I please write about you and your cancer?" Tina simply replied, "Yes."

What type of cancer has chosen you?

Tina responded with an air of pragmatism that immediately calmed my nerves, since I didn't know exactly how this interview would go, "Ovarian cancer chose me out of all the other bods it could have." She smiled momentarily, no doubt guessing that she had surprised yet settled me at the same time. Tina continued, "However, it took a scattergun approach. Not confining itself to that organ and its friend across the uterus it also decided the 'Hey, WTF approach' was a good way to go! So, ovaries, cervix, fallopian tubes, uterus, and omentum were all removed." At this juncture, her rendition was more akin to an edgy, alternative comedy routine where the holder of the microphone teases the audience with other body parts. Tina didn't disappoint, "Whilst the surgeons were at it they discovered some spots on, but not inside, the bowel, small intestine, rectum, and pancreas. Apparently, this is good, and reasons to be cheerful!" Not knowing whether to chuckle, smile, look down or shuffle papers at this point, I decided on the former. Whatever cancer has taken, her glorious sense of humor is fully immune.

Concluding the tour of her lost organs, "Lumps of those were removed, reconstructed where necessary and for good measure, and the spleen was jettisoned. Abdominal lymph nodes retained. Oh goodie! I lost ten kilos and was on the operating table for nine hours."

How did you discover the cancer?

"Sitting for many hours as you do when reading documents, scrutinizing reports, answering the phone, etc., you do tend to lean over your desk. At least I do. And I was getting pains in the waistband area of my jeans." Reflecting on my own aches and pains, some more regular than others, I wondered what the 'Fuck, this is a serious point,' was? Tina picked up on my unease, "When you get to a certain age the body has a habit of sending aches and pains intermittently. Not hideous – ones that you can live with – until, that is, you can't. It's when the pain shows on

your face and a colleague points out the fact. So, after a few months, I went to the doctor and had the blood taken. The result was I had a CA125 reading of 130. Normal is 35. CA125 is the ovarian marker."

What is your prognosis?

With typical practicality, Tina summarised her immediate journey, "Fifteen months of immunotherapy infusions and tablets for three years could double my life expectancy. No one actually says what the prognosis is, so goodness knows what life expectancy is. No one wants to put their neck on the block."

I am pretty sure that there is a statistical table in existence somewhere that is the cancer equivalent of the bookie's odds checker, but neither Tina nor I had much appetite for figures. She smiled, "Who knows actually anyway – all we are told in a jovial manner is it's gonna get you someday if you have it. Sword of Damocles hanging by the hair. Look over your shoulder for the rest of what God has given you. Any ache or pain, every ache or pain, could be the overture to the legacy. It's what you have to live with."

Given that Tina's sense of humor was still fully functional with great dollops of delightful frivolity splattered upon my face like a typical custard pie routine, I am glad to report that her optimism was in overdrive too. "One of my friends is in remission after eight years – another, eleven years. For them, good news, however, my age may limit the expectancy because of course they developed it at a much younger age."

What is the treatment?

"An op. generally, and chemo. I had six rounds of chemo. However, treatment depends on the cancer and your strength."

"First you have your blood taken to see what the magnesium content is, how your platelets are, what the cancer marker is, and how bones, bile, and liver are doing, and a bundle of other hidden little gems, and those readings will determine whether the next round of chemo. can go ahead."

"If your blood has indicated that your hemoglobin is not where it should be you will be given a transfusion. I elected to have one as my legs and muscles were aching – a by-product of the poison. If magnesium is low there is an option of chewable foul tablets or sachets to mix with water – equally foul."

"The first session you are in receipt of twenty-five vials and needles for daily injections for thinning of the blood; the following sessions – your 'au revoir presents' – consist of two bottles of anti-sick to be taken for, and up to, three days with meals and any other meds your treatment requires."

"I had two lines of chemo. lasting five to seven hours all-told every three weeks. Coffee/tea and biscuits, sandwich lunch with fruit, all provided in the fantastic St Luke's in Guildford – the premier location in the South-East of England for treatment."

"The chemo. while killing off cancer cells, also kills off the good stuff like the bone marrow. I had to give myself subcutaneous injections of some stuff to bolster the hemoglobin. These injections are not like those of the pierce and pop type after the first round of chemo. to thin the blood. These are the slide under the subcutaneous fat type. Well, for heaven's sake! I'm not a nurse! I completely bogged up the first one."

Even Tina's dose of humor at the end failed to lift my gloom. This process was truly heart-wrenching.

How does it affect you physically and how does it make you feel?

"From July to the back end of October I had to live like a hermit, not only due to COVID-19 but also being vulnerable to all sorts of infections as the chemo. affects susceptibility, and I don't have a spleen. I have to take four tablets a day for the rest of my life. Not a big ask!"

"The chemo. made me feel pretty weak, but as I couldn't go to the gym (yeah right!) my exercises consisted of cleaning, dusting, washing floors, and hoovering. Really works for muscle tone. My study is on the second floor of our house, so up and downstairs is a good exercise. It is reckoned that for every hour spent on the operating table it takes a month to recover from the operation."

In true form, Tina couldn't resist, "If I had company, it was in the garden, and I sat well away from visitors. So, my semaphore came in handy!"

Diet was a disaster zone too. "All I got sent were documents to say what I should be eating. But not saying why. You can eat marshmallows. Wowser! I didn't eat them before I was ill, why would I eat them now? I got cross. I worked out fish loosens you and bananas tighten you. I'm sure you can work that one out!"

"Sleep is a catnap only – with a twenty-minute doze and then up again to visit the bathroom. And some nights nothing. Lying awake. Some people, I believe,

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have riotous or erotic dreams. I thought of burgers, pork pies and gherkins, sponge puddings, and hot jam and custard. And I could smell them too! Apple crumble. I got some lovely apples and made a crumble adding custard and spent forty-eight hours in the en-suite. That'll teach me!"

"Chemo. The brain has to be reckoned with. Thoughts and words are not necessarily in tune with each other. If I call you by another name – hey that's affection because I could ignore you!"

In a defiant mood, Tina exclaimed, "I could feel like a victim and let cancer define me – or tell it to bugger off – I'm busy! And I don't care that my hair has fallen out. I'm not drying it for forty-five minutes!"

"The night when we got back from my first dose of chemo. I could smell burning. I asked my husband if he'd left the hob on. I discovered the burning was me – it was the poison that was pouring through my veins."

Then with slapstick timing, Tina turned to the constitutional heart of British humor – the bottom!

"Diarrhoea or constipation? That determined my diet, and as I had a bowel reconstruction and a lump of rectum removed, it was a change of diet on a daily basis. Night sweats. Muscle and bone pains. Cystitis. Runny nose. Eye pressure and change of shape of the eyes. Photophobia. Numbness in toes and fingers. Pins and needles in toes and fingers."

What annoys you the most about your current condition?

Tina's composure changed. She looked reflective and I instinctively knew that this account would perhaps be devoid of flippancy.

"I feel deprived. I lost a whole year of interaction with grandchildren and sons and their wives. I felt jealous when people were going on holiday. I couldn't leave because of the three-weekly chemo. cycles and having to be more than careful due to 'vulnerability.' 'Hi there' from one end of the garden to the other. 'Hope you are well.' 'You what?' 'Yes, its three o'clock.' Oh, for pity's sake!"

"What annoys me is that some doctors are brutal in delivering their findings after the 'bloods' or scans results. When giving me the results of the initial scan the first doctor said: 'You have cancer. It is everywhere.' Well, thanks mate! Well delivered!"

"After each one-to-one with the doctor from the oncology team I find I have something else they didn't tell me about – like a dodgy lymph node in my neck; some in my abdominal space; fluid around my pancreas."

How do others react?

Tina smiled broadly and announced, "My five-year-old grandson confidentially told his six-year-old counterpart, 'Nonna has to wear a wig because she is ill, and her hair has fallen out!' Bless him! They still treat me in a very gentle way. I wish for the shoving and pushing and running around with them again. They've put themselves at arm's length. I miss them."

Husband Bruce was deserved of an MBE (Maintaining Brilliant Environment). "I was in too much pain, but he organized it. Amazing man. I can honestly say I wouldn't be here if he hadn't been in charge for the first month."

Following this touching disclosure, she seamlessly returned to comedy, "Friends ring and ask for news. Do I want to bore them with ailments like 'Oh I've got piles now – a bit of a pain but hey that's high fiber for you!'? So, after ten nanoseconds, I reverse the conversation. I'm asking what's it like on the outside?"

I was keen to understand what dialogue she loathed. Tina simply replied, "Tumour. Cancer. They apply to others, not me."

Asking her how she would prefer people to react, Tina didn't mince her words – "As though I have a cold. Be themselves. Please, no unctuous tones! My spirits lift when I see and hear people laughing!"

Why are you wearing a headscarf?

No sooner had the words left my mouth than Tina dismantled my obvious awkwardness. "Because my flipping head is cold! My hair has fallen out due to the chemo." She continued, "Once the hair is gone – and I had lots of it – the pate is vulnerable to the seasons, and the head loses a huge amount of heat." There – that was me told!

What piece of advice would you give someone else who finds out that they have cancer?

Tina drew a gulp of air and exhaled. "You are you. Ask the difficult question: exactly where is it located? Is it a tumor and how big? Should I have some chemo. first, then the operation, then the rest of the chemo?"

"Ask reasonable questions of the oncology team – detailed information from the bloods. Don't be content with 'they're fine.' What are? What is the norm for that reading? What did it look like last time? It's your data and you are the data subject – it's your information. If you have had scans – likewise, ask the searching questions."

Her practicality knew no bounds as she confidently declared, "Get a 'buddy' on the oncology team. I have a lovely nurse who came to get some samples from me whilst I was undergoing the chemo. We struck up a nice little relationship and she is my go-to – by email – if I have a problem."

When I embarked on this investigation, I was expecting a roller coaster ride, with significantly more dips than exhilarating highs. My conversation with Tina emphatically turned this notion on its head. Sure, our time together was poignant, but I couldn't help thinking that Tina had an exclusive comedy routine in the making. The most important learning for me was to cut the crap and engage with cancer even if the initial narrative may be clumsy. Each cancer is different, and every person is unique. Tina's testimony was about hope over adversity. Living in the moment eclipsed longevity, even if discomfort was a constant companion and physical changes could be major.

The last words have to be from my incredible friend. "This has been a cathartic exercise. I'm bored, tell you the truth, with this cancer thing. I have had a glass of Cava – my favorite after Piper Heidsieck – the first taste of alcohol in a year. Cheers!"

THE REAL *POKÉMON MASTER*

The Story of **Satoshi Tajiri**

Throughout the ’90s there were many fads that died away before the end of the decade, from beanie babies to the Macarena to the Rachel haircut. Most fads tend to fade away as fast as they appeared, yet one fad from the ’90s is going stronger than ever in 2022, Pokémon. Initially launched in Japan in 1996, originally named Pocket Monsters, this monster collector game for the Game Boy became a raging success to this day. Yet not many know the story and the man behind the Pikachu craze, one Satoshi Tajiri. A man that had a dream and fought for that dream to become a reality.

Gotta Catch Them All

Born on August 28th, 1965 in Machida, Tokyo which at that time still maintained a rural feel, Satoshi Tajiri had a peculiar hobby, he loved collecting bugs out in the gardens and forests nearby. Known as Dr. Bug around the schoolyard, Tajiri would spend hours upon hours hunting down bugs while his fellow schoolmates played sports or did art. Sadly as the urban areas of Japan and especially Tokyo started to spread, the forest and gardens Tajiri would spend hours in disappeared as the urban areas took over. This also meant that Tajiri's one true passion was also gone. As a teenager, however, Tajiri found a new passion, that of video games. The young man became addicted to Space Invaders, a game he would play constantly throughout his teenage years, even if his parents saw him as a delinquent for doing so. That passion grew more and more, to the point that he wanted to make his own games. Inspired by the Namco games of the time, eventually winning a competition hosted by big-name players Sega for a video game idea. Nothing came for it, yet his passion did not fade. Although thanks to his single focus on video games, Tajiri's school work suffered due to him cutting class to go play at the arcade. Whereas his fellow students graduated, Tajiri had to take numerous make-up classes to eventually get his high school diploma. In Japan at the time, going to university was essential for any High School student, yet Tajiri saw no point in wasting his time with University and preferred to focus on his passion. He would eventually sign up to a two-year technical degree program at Tokyo National College of Technology, where he majored in electronics and computer science.

Gaming Obsession

Even though Tajiri finished his high school diploma and college degree, his passion was still firmly in gaming, at the age of 17 he started his own fanzine, a DIY publication that went by the name Game Freak. One of the regular readers included Ken Sugimori, who would later on become one of the key creature designers in the first Pokémon game. Game Freak became a collective of hobbyists, learning video gaming code and the building blocks of game design. Tajiri became preoccupied with Nintendo's Famicom home console, taking the device apart to better understand how it worked. He and Sugimori, along with the friends they had picked up along the way thanks to Game Freak, decided to turn their hobby into a profession and established a company named after Tajiri's magazine, with the mission to make video games that would capture people's imaginations. Game Freak's earliest creations, which appeared on the Famicom were colorful, enjoyable titles but did not reinvent the wheel.

The company was building momentum and with the announcement of the Game Link cable from Nintendo for their Game Boy system, Tajiri had a flash of inspiration. He pitched a concept to Nintendo executives that was unlike anything seen at the time. As he envisioned it, players would wander a vast landscape, collecting small creatures which they could train and send into battle against competitors, battling either the computer or another person via the Game Boy's link cable. Each creature would have its own unique design and set of attributes. Trained correctly, they could evolve into more powerful versions of themselves. To make things more complicated, it would be split across two cartridges for the benefit of completionists, reflecting Tajiri's formative obsession with bug-hunting. It was his hope that the joy and enthusiasm he experienced as a youngster collecting bugs could be communicated via gameplay. The concept was as radical as it was innovative, with expected gameplay that would challenge even the more powerful systems of the time, let alone the aging Game Boy system. The Nintendo higher-ups were skeptical at best, feeling that such a feat was near impossible on the system. However, Mario creator and all-round game guru Shigeru Miyamoto saw a lot of potential in the game and Tajiri's team and decided to take the young aspiring developer under his wing as a mentor and advise on aspects during development. Pokémon was given the go-ahead and Game Freak jumped straight to work. Of course, it did not go well at all.

Development Hell to Sales Heaven

Having to shoehorn the required code into a Game Boy dev kit meant the developers had to work ridiculous hours with minimum results. Their computers were out of date and regularly broke down, much to the frustration of Tajiri and his team. Game Freak was hemorrhaging money and several staff members quit due to them not receiving an income. In total it took over 6 years of development hell for Pokémon to finally see the light of day. Officially released in Japan as Pokémon Red and Green (to be renamed Blue when released in the West) in the autumn of 1996, few expected the game to make any impact. By 1996, the Game Boy's life cycle was at its end and Nintendo's sales were

in decline due to the launch of the all-conquering Sony PlayStation. Regardless, the game caught on over time and caught the imagination of people across Japan. Gamers got to experience the joy and enthusiasm that Tajiri had as a child, hunting and collecting bugs in the forest around his neighborhood. The title would go on to sell a total of 10 million copies in Japan, it would not be too long before Pokémon became a global phenomenon. Pokemon fever was already thriving in America thanks to the anime that began airing years before the game even made it to the west.. The original anime title Pokémon Indigo League follows the adventures of Ash Ketchum, a 10-year-old aspiring Pokémon trainer from Pallet Town who is given a Pikachu by Pokémon researcher Professor Oak to begin his Pokémon journey. Ash is driven by his desire to win the Indigo Plateau's Pokémon League, a challenging tournament for outstanding Pokémon trainers who compete against each other in Pokémon battles. To qualify for the tournament, Ash must collect the required number of gym badges, which are tokens earned after defeating each of the Kanto region's elite Pokémon gym leaders. Early in the season, Ash befriends the water-type Pokémon trainer Misty, who befriends Ash in hopes of him replacing her destroyed bicycle, and Brock, a Pokémon breeder who is the leader of the Pewter City gym. The anime was a massive hit and prepared the western audience for Pokemon fever. When the game did launch it was a massive hit, going on to sell over $20 million worldwide. Pokemon was officially a global phenomenon. Pokemon would go on to become one of Nintendo's most popular franchises and as of 2022, the various entries on Nintendo consoles have sold over 380 million units, making it the second best selling franchise of all time, only beaten by fellow Nintendo stable mate Mario. The series spawned various tv animes and movies, all being exceptionally successful and well received by critics and fans alike.

Go to the Future

Nintendo also saw another huge boost in Pokemon popularity when in 2016 it released a free-to-play mobile version of Pokemon Go. It used mobile devices with GPS to locate, capture, train, and battle virtual Pokémon, which appear as if they are in the player's real-world location. The game was free-to-play; it used a freemium business model combined with local advertising and supported in-app purchases for additional in-game items. The game launched with around 150 species of Pokémon, which had increased to around 700 by 2021. Pokémon Go was one of the most used and profitable mobile apps in 2016, having been downloaded more than 500 million times worldwide by the end of the year. It is credited with popularizing location-based and AR technology, promoting physical activity, and helping local businesses grow due to increased foot traffic. The game had over 147 million monthly active users by May 2018, over a billion global downloads by early 2019, and grossed more than $6 billion in revenue by 2020. Once again the Pokemon brand had cemented itself as one of the biggest gaming franchises in the world, enduring over 25 years of success for Nintendo and more importantly, Satoshi Tajiri. Having faced numerous obstacles throughout the original development back in the '90s Tajiri never gave up on his dream or passion and after 6 years of development hell, achieved his dream of seeing his game come to life. Once again proof that one should never give up on your dreams, no matter how tough the going might get. Tajiri's Pokemon has become a worldwide phenomenon with no end in sight, bringing joy and excitement to both children and adults. And with the recent release and success of Pokémon Legends: Arceus for Nintendo Switch, there seems to be no stopping the Pokemon train of success.

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Such an absolute honor to have you on FHM! How are you feeling about 2022? I feel so grateful to be here! I'm so excited for 2022! I have a lot of projects coming up this year that I'm looking forward to working on, both personal and professional.

What are you most looking forward to this year? Traveling! Something I missed far too much during the pandemic.

Top 3 best moments of your career so far? This is definitely one of them! Being published on the cover of Playboy New Zealand and featuring in music videos have probably been the best moments in my career so far.

What was on your resolution list this year? To travel often, learn to ski which I am planning on doing later this month, and to continue my path of becoming the best version of myself.

When it comes to goals and ambitions, what are some of the things that keep you focused on getting there, what is the driving force behind it all? I think about the end goal and where I want to be in 5 to 10 years.

What are some of your favorite outdoor activities? Jet skis! I really want one of my own. Sunbathing on the beach with a few cocktails and I really want to say skiing – at the same time, I just love being surrounded by mountains and snow.

3 ultimate deal-breakers when it comes to men? Dishonesty – I think it's so attractive when I guy is open and honest with you. It can be the smallest of lies and my head just won't be in it anymore. Poor hygiene – Crucial! Messy Cars – It says a lot about a guy. Get those Starbuck cups in the bin!

Never have I ever... had a threesome on a first date

Top 3 myth busters when it comes to models? The idea that models are all ditzy bimbos is alive and well, and simply not true. We're all on strict diets - My diet is probably the worst, I'm a sucker for savory. Modeling is a glamorous profession - Yes, but requires hard work, years of dedication, and a strong will.

What is the best way to approach you as an admirer? Call me at Babestation, let's talk!

Where can our readers catch up with you and stay updated with your work? I post a lot of what I'm doing on my Instagram. I'm soon going to be re-launching my OnlyFans so I'll be updating a lot there.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? I'm so grateful to have worked with FHM and can't thank you guys enough.

FRENCH FLAIR GETS MUDDY

Peugeot re-enters the pickup space, but can it be more than niche?

LANDTREK

Pick any sales month and out of the top ten performing vehicles, three will be pickups. Look a little further down that list you'll also see newcomers like the GWM P Series and Mahindra Scorpio putting up a brave fight too. So if you're an automaker with an interest in taking a slice of the market share, the data is simply too hard to ignore. Peugeot obviously agrees...

However, it's a tough segment to disrupt. Allegiances are strong, communities are knowledgeable, and take a hard, skeptical view of anything new. In order to claw one's way in, the product needs to arrive with higher specifications at a fairly decent price, while ensuring that the workmanlike fundamentals like power outputs, cabin derivatives, and towing capacity mirror their rivals. Still, even as a niche product, Peugeot believes it can double its sales volume globally.

A Peugeot pickup might resonate with a small crowd although the long hiatus has left those halcyon memories a little stale. Quiz the younger generation about Peugeot's model offering and you're likely to hear nameplates like 208, 3008, and 2008, long before the 404 Wagon and 504 Pickup enter their vocabulary. As such, it's rather optimistic that Peugeot's past is going to influence one's decision to buy a Landtrek in the year 2022, and most reacted as though this was Peugeot's first foray into the segment.

As far as pickup faces go, this one looks like it enjoys a French café and fresh baguettes as well as a mud bath and boerewors roll, thanks to upmarket details around the slim LED lights and badge, as well a chrome nudge bar and side steps. All this before the styling shoots down a wrong turn with the clunky and offensively sized door handles.

It helps that our test unit was in Olea Green but even in white the Landtrek hits the right notes by blending some sleeker lines with those angular, traditional corners. Some might say it looks a bit soft as a result, but the smart alloys bar and knobby Goodyear Wrangler tires lend it purpose and there's another 28 dedicated accessories available through Peugeot dealers. Like the Mazda BT-50, the Landtrek runs a compact 1.9-liter 4-cylinder turbo engine with 148hp which may raise some alarm bells among pickup culture which is drawn to a 'bigger is better' mantra. Although that has been disproved several times, I can't help but feel that the Landtrek's diminutive powertrain has made life unnecessary tough as it attempts to change perceptions and reverse prejudices. The one advantage that stands out is the feul economy.

Yet here's where some of the water gets a bit murky. The Landtrek is part of a collaboration with Changan Automobile in China, and this is where the engine and

six-speed gearbox are sourced. Peugeot's involvement is actually a lot shallower and cosmetic, leaving a residue of French style and quality to sit, disappointingly, on the surface.

Due to this alchemy of parts, and the fact that Peugeot was denied an equal chance to work its modern magic, the Landtrek's powertrain is best described as average. The noise never escapes the cabin, even at cruising speed, and while the throttle response is acceptable and the gearbox times it shifts correctly most of the time, it always sounds as though it's grinding its way through some rather mundane tasks. Refinement simply needs to be a few notches higher, which is a rare criticism of vehicles wearing the Peugeot badge.

Would Peugeot be able to add a splash of flair to the pickup interior and recreate that car-like intimacy, creativity, and insulation? That's a question I was keen to answer for myself. The steering wheel is fantastic and sporty in your hands and those aluminum switches are another tactile highlight, although they should really have other meaningful purposes, besides turning off the traction control or locking the doors.

Window buttons, gear lever, and steering controls do serve as sincere glimpses of what a 2008 cabin in a pickup could feel like, but these high moments of Peugeot prestige just don't linger long enough.

Unfortunately, the package is wrought with niggles too. The user interface on the touchscreen is horribly structured and far too limited in the way it communicates with the switchgear. When you change the temperature, for instance, you get the smallest readout at the very corner of the display to confirm this, rather than switching across to a full and comprehensive climate menu.

There are lots of redeeming qualities, however, especially when Peugeot's characteristics bubble to the surface and its full potential isn't clouded by some cheaper Chinese touches and oily bits. There's a light for the loadbin, a big rotary knob for off-road driving modes including diff lock and 4L, dual-zone climate, keyless entry, lane departure warning, one of the best cameras, and electric seats. All things considered, the Landtrek isn't short of modern systems, or buttons to press.

The Landtrek doesn't do a lot wrong but once you're aware of where the real underpinnings come from, it inevitably waters down what would otherwise be a very beguiling package. The Landtrek doesn't quite deliver the autonomous features of a cheaper GWM P Series or the overall road comfort of a Ranger which means it just loses out in the crucial stages, nostalgia notwithstanding.

Pawan Dhingara

THE FANTASTIC FOUR

Audi's speeding bullet that can go around corners

It's a balance between evolution and revolution once again. Essentially the S3's anatomy hasn't changed since it was launched in 1999 and neither has its market position as a sophisticated and cultured hot hatch that doesn't sacrifice premium niceties for spine-tingling speed. Suffice to say, the new S3 (8Y in nerd terms) doesn't deviate from the successful and now ubiquitous script, rather choosing to enhance these characteristics and sharpen the styling.

The entire A3 range, when wearing the S-line kit, now features a bolder look with wider vents carved into the bumpers. Due to this, even a relatively plain A3 can appear menacing with the right options and the S3 sometimes struggles to take it a notch higher. Our Sportback in Python Yellow isn't as flamboyant as a Mercedes-AMG A35 but the four pipes, big alloy wheels over large red calipers, bonnet vents, and black mirrors - wrapped in a sensible five-door configuration - conveys a sense of sportiness and all-round ease-of-use.

The S3's interior isn't too different to the A3 35 TFSI we recently drove on test. That's because they both feed into the same extensive options, some of which, like the reverse camera, really should be standard on a S3! But Audi could push the S3's cachet a little stronger, or throw in some details, other than red stitching, that aren't offered in the lower-tier models. Nevertheless, those piercing lines and angular shapes that run from

door to door do suit the S3's cut-and-thrust personality.

The screens are neatly held in the dashboard, and it's a digital cockpit that returns to some of that driver-focused detail that was initially lost when touchscreens first burst onto the scene. Audi says the system is ten times faster than before although we didn't notice that sort of gain when toggling through menus and apps... Audi's virtual cockpit still performs well with visible digital dials and maintains close links between the information you need now, and the information you might need in a few minutes' time.

Nowadays, a relatively sporty SUV with a modicum ground clearance and roof rails can bolt from 0-100km/h in six seconds so the Audi S3 has to keep chipping away at the stopwatch to keep the pocket rocket reputation and appeal alive and healthy.

Fortunately, it remains an extremely polished package in this regard. One long hold of the traction control button while activating dynamic mode releases the S3 down the road as if it has been fired from a gun to a 0-60m/h time of 4.9 seconds. Then you point it at the next target and do it over again, with the same result, until the cars that were once on your rear bumper have shrunk to unrecognizable dots in the mirrors.

Depending on where you live, you either get the full spec 306hp – for leading markets or 286hp in secondary markets. Either way, torque remains identical. I'm pleased to confirm that it's a reduction that is of little consequence when out on the road and if you want to go faster, Audi's RS 3 with 394hp has been confirmed for later this year.

There's a lot of fun to be had to attack a roundabout or a highway onramp like a turbocharged lizard. Any understeer that tainted previous S3's isn't nearly as evident in the latest generation. It claws at the apex and loads up the steering accordingly until your neck muscles start to ache! Due to its compact size and profound grip, the S3 is one of the fastest packages money can buy as it pounces on any gap with the sharpest of reflexes and the most surgical control.

Every trip, no matter how boring it starts off as - or as good as the intentions are - usually ends in an aroused blur of dynamic mode and manual shifts while giggling like an evil scientist.

For the other times, the S3 has always juggled various roles and the latest generation just adds some mature refinement to a list of familiar ingredients. Audi really needs to make this mode-selecting possible from the wheel, rather than the dashboard, but aside from that one inconvenience, you can expect dampers in varying degrees of fluency, a lighter steering feel and softer shifts. Or, skip the difficult decisions, and let Audi's Auto algorithms fill in the missing pieces.

This is the most complete S3 capable of instantly injecting excitement into any stretch of the daily commute and never putting a foot wrong. It builds and builds on the very architecture that brought accessible 5-second hot hatches to the masses and as the roads have gotten worse, the S3 has simply gotten better. It might not be the revolutionary machine it once was, but you can lean on it and trust it through corners in a way that is typical of all Audi's latest performance models. It's fair to say, there's a little bit of S3 sparkle in every fast Audi and that's quite the honor.

Pawan Dhingara

A FEAST FROM THE EAST

Haval's Jolion is making waves across the Indian and Atlantic

Size is one of the Jolion's many merits. Large enough to rub shoulders with a VW T-Cross, Hyundai Venue or Suzuki Vitara but you're never likely to feel that it's 'too much car' once you've dropped the kids off at school. It's an SUV for those who desire a wedge of ground clearance and higher seating position rather than for bashing your way off-road.

Driving a Jolion around town is no more challenging than a medium-sized hatchback and you'll be thankful for the bigger boot space and folding rear seats when those holiday reminders pop up on Google calendar.
Haval hasn't been around long enough to have established its own visual identity so I still find myself struggling to make any meaningful associations or comparisons. Sometimes the styling can appear a bit muddled, as if they've taken influence from too many examples, but actual inspection of build quality confirms that it is impressively put together and quickly rejects any suspicion that the affordable price is down to inferior assembly. Every part from the alloy wheels, rubber seals to the neat subtle integration of cameras and sensors helped unite our trust in the product and advocate it to others.

It's a gentle thing out on the road. The Jolion weighs up a variety of conditions and driving styles and treats them all with a sensible and balanced approach - without any obvious vices. It mirrors many likable tenets of the Mitsubishi Eclipse we recently tested: Calm, Soothing, Friendly.

Out of all the development scenarios, one that the Jolion probably never encountered was a racetrack and as a result, it doesn't like to be wrestled around corners. Instead, it'll obey fair instructions with two thumbs up, mute any vibration or noise commendably well, even at highway speeds, and if it gets a little noisy under the hood, you're probably driving too aggressively anyway!

That 1.5-liter engine makes suitable power and we are so pleased to report that Haval has caught up with their turbo technology and dual-clutch gearbox pairings. This is not the most characterful engine you'll find in an SUV and higher revs quickly disturb its aura of refinement but this can all be mitigated by driving with a combination of patience and anticipation. There are five different driving modes and a little extra sportiness can be unlocked by using the paddle shifters.

Part of the Super Luxury variant and

certainly worth the extra money, the Jolion is equipped with every active and autonomous driving gizmo that's ever been invented, yet never before has it trickled down to this price point. It'll keep to the center of a lane with only small interventions from the driver, maintain a safe following distance to the car ahead, warn you of drivers in your blind spot, and anything else, including Cross Traffic Alert, that could lead to fewer accidents. Occasionally the system detects things that aren't there but you understand why, if anything, it has been designed to err on the side of caution.

These systems have come a long way; initially, you activated them for long-distance driving but with the Jolion they're never far in the background. Sounds like an overbearing parent but having them close by starts to build an understanding between humans and AI that felt quite natural and a real glimpse of the future. While it doesn't adapt to your style, just yet, you do learn to work alongside these driving aids and share the drive - sometimes with overwhelming alarm chimes causing you to have a second (panicked) look around.

One of the largest touchscreens you'll find and a small row of buttons is rather typical of modern cars right now. Climate is controlled by the touchscreen but the aforementioned button skips straight to the right menu...

It's an attractive place to sit with a variety of textures that feel sturdy for the daily button pressing and supple where you're likely to rest your arms and backside. It's worth noting that our test until had over 4000 miles on the clock, yet still looked as though it had come off the showroom floor. Storage space is genius too with clever places to put cards, glasses or phones and a wireless charging tray up front. The seats are extremely well designed, and remind me a lot of sitting in a Volvo while the rotary gearlever would make Jaguar's design team sit up and take notice.

By day three of the test I was still determined to see if could expose some flaw with the Jolion and crack open this puzzling enigma but by day seven I happily accepted that the Jolion really is too good to be true. It's clear that Haval benchmarked the leaders and the expectations that go with it but they also had a point to prove in a segment that was perhaps growing a little complacent and overrun with modular platforms. The Jolion completely reframed the entire segment, meaning there's a good reason why it's translating into these extraordinary sales figures.

Pawan Dhingara

THE
CLASSIC

Don't fear the pizza

Can a cheese and sauce covered pie can be healthy? Damn straight it can–and we've proved it with these four cleaner, leaner versions that will satisfy your cravings but keep you looking and feeling great.

BY CANDICE KUMAI
PHOTOGRAPHS BY TRAVIS RATHBONE

Great pizza doesn't have to be a greasy mess of fatty ingredients and empty calories. In fact, with the right toppings (nutritional powerhouses like kale, sweet potato, rocket, and almonds) you can rest assured that you're fueling your body with the things it needs to build muscle, boost immunity, improve overall health, and even burn fat. Here we've raised the bar, developing healthy, delicious pizzas you can make right at home with minimal hassle, in a matter of minutes: Whip up the protein-packed Kale-Bacon Pizza to refuel after a workout, or bust out the Sweet Potato & Sautéed Mushroom Pizza to really impress at your next date night in. Got leftovers? Pizza holds great overnight, so take it to work the next day. It even freezes well, making it the perfect go-to microwave dinner. You'll never look at pizza the same way again.

THE CLASSIC

MAKES 4–6 SERVINGS

WHAT'S HEALTHY ABOUT IT

This incredibly easy-to-make classic pie has less saturated fat and calories than take-out.

INGREDIENTS

- 1 bag store-bought pizza dough (regular or gluten-free)
- 1 tbsp extra virgin olive oil
- ¼ tsp sea salt to taste
- ¾ cup organic low-sugar marinara sauce
- ¾ cup mozzarella cheese
- 2 tsp dried oregano
- ¼ tsp chilli flakes
- ¼ cup fresh basil leaves (optional)
- 1 cup sun-dried tomatoes (optional)

DIRECTIONS

1) Preheat oven to 200°. Set pizza dough out at room temp for about 20 minutes.
2) Sprinkle a clean work surface with flour. Roll dough into a 1cm thick flat, 25cm – 35cm circle or rectangle. Place it on a baking sheet or in a cast iron pan, brush with olive oil, and sprinkle with ⅛ tsp salt.
3) Place dough in oven and prebake for about 10 minutes, then remove. Top pizza with marinara sauce, mozzarella, and oregano, and bake on the middle rack for 12–15 more minutes.
4) Remove from oven and sprinkle with remaining sea salt and chili flakes, plus basil and sun-dried tomatoes if desired.

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Sauce and effect

Tips for buying (or making) a great, healthy pizza-topping marinara

■ Store-bought pizza sauce can still be healthy (and honestly, very nearly as good as home made). Just go organic and check the jar to be sure it's not loaded with sugar. Excess sweeteners can lead to everything from type -2 diabetes to obesity. Put back on the shelf any jar of sauce (or marinade or dressing, for that matter) that contains corn syrup, sugar, or anything that ends in "ose". If you want to go clean and fresh this year, update your pantry by cleaning out the sugar-processed foods and changing up that sauce!

■ If you're making your own tomato sauce, canned tomatoes, surprisingly, contain more lycopene—which has been shown to help prevent prostate cancer—than fresh tomatoes. If you're using store-bought sauce, always go for a sauce that's thick and organic.

Food styling by Roscoe Betsill

SUN-DRIED TOMATO & PROSCIUTTO PESTO FLATBREAD

MAKES
8 SERVINGS

WHAT'S HEALTHY ABOUT IT

Antioxidant-packed sun-dried tomatoes, plus a megaboost of vitamins A, C, and K in the form of kale-almond in the pesto; make this superfood pizza a guilt-free comfort food. Enjoy it post workout, and get a natural protein kick from the prosciutto and almond pesto.

INGREDIENTS

KALE-ALMOND PESTO

- 1½ cups curly kale
- ½ cup raw almonds
- 2 garlic cloves, roughly chopped
- ½ tsp sea salt
- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice

PIZZA

- 1 bag store-bought pizza dough
- 1 tbsp extra virgin olive oil
- ¼ tsp sea salt, to taste
- ½ cup homemade kale-almond pesto (above)
- 6 slices high quality prosciutto, torn
- 2 Roma tomatoes, thinly sliced
- 1 cup rocket
- 1 cup mozzarella, finely grated

DIRECTIONS

FOR THE PESTO

1) Place kale, almonds, garlic, and sea salt into a food processor or blender and pulse to combine until the ingredients are somewhat mealy.
2) Gradually add olive oil in a steady stream until the mixture is finely chopped yet still has texture, for about 1 minute. Pulse in lemon juice and adjust the seasoning to taste. Put aside a ¾ cup to use. Reserve any extra pesto in an airtight container in the fridge for up to a week.

FOR THE PIZZA

1) Preheat oven to 200°.
2) Transfer dough to a large sheet tray and brush crust with olive oil and a sprinkle of sea salt. Place in the oven and prebake for about 8 minutes. Remove from oven.
3) Spread ¾ cup of kale pesto on top of crust. Add prosciutto slices, Roma tomatoes, and rocket, and top with mozzarella cheese. Place back in the oven on the middle rack and bake for 10–12 minutes.

Presto pesto. Double your batch of pesto and try tossing it with pasta, using it to top off toast, or mixing in vegetables prior to roasting.

KALE-BACON PIZZA

MAKES:
4-6 SERVINGS

WHAT'S HEALTHY ABOUT IT

Mouth-watering bacon and eggs on a pizza? Hell, yeah! Even with kale sautéed in bacon fat and mozzarella cheese on top, this homemade pizza still packs fewer calories and less fat per serving than takeout. The trick to losing weight and saving calories this year? Cooking at home.

INGREDIENTS

- 1 bag store-bought pizza dough
- 1 tbsp extra-virgin olive oil
- ¼ tsp sea salt to taste, divided
- 4 slices organic bacon, cut into 3cm pieces
- ½ red or yellow onion, finely diced
- 2 cups curly kale, finely chopped
- 1 cup organic, low-sugar marinara sauce
- 1 cup part-skim mozzarella cheese, shredded
- 1 egg

DIRECTIONS

1) Preheat oven to 200° and set pizza dough out at room temperature for about 20 minutes.
2) On a clean work surface with a touch of flour, roll out pizza dough into a 1cm thick, 25cm-35cm round. Place it on a large baking sheet or pizza stone, or in a round cast-iron pan. Brush dough with olive oil and sprinkle with sea salt, then prebake for about 5 minutes.
3) In a large skillet over medium heat, add bacon and cook until crisp; set aside to drain on paper towels. Add diced onion to the pan and cook until softened, stirring occasionally, about 8 minutes. Add chopped kale to the pan and cook until wilted, about 2 minutes.
4) Top pizza with marinara sauce, mozzarella, and sautéed kale and onions. Bake in the oven on the middle rack for 12–14 minutes.
5) Two to 4 minutes before pizza is ready, crack egg on top and bake until crust is crisp and egg is slightly cooked. Remove from the oven, cool slightly, and serve alongside a blond ale brew.

SWEET POTATO & SAUTÉED MUSHROOM PIZZA

MAKES
8 SERVINGS

WHAT'S HEALTHY ABOUT IT

With feel-good ingredients like vitamin A-packed sweet potato; juicy immunity-boosting mushrooms; and anti-inflammatory onions, this pizza is a clean and inspiring way to change up your menu. A total bonus; It's also vegetarian, so invite that cute non-meat-eating neighbour over for a slice.

INGREDIENTS

- 3 tbsp extra virgin olive oil, divided
- 1 medium yellow onion, thinly sliced
- 2 cups cremini or button mushrooms, thinly sliced
- 1 bag store-bought pizza dough
- 1 tsp sea salt, to taste
- 1½ cups sweet potato purée (Use leftover mashed sweet potatoes,or boil two large sweet potatoes–roughly chopped, skin on, until soft, and blend until smooth.)
- 1 100grams mozzarella cheese, shredded
- 1 cup rocket
- Balsamic vinegar, to finish

DIRECTIONS

1) Preheat oven to 220°.
2) Heat 2 tbsp of olive oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until golden, about 10 minutes. Add in sliced mushrooms and sauté for an additional 10 minutes.
3) On a clean work surface, roll out pizza dough and place it on a large baking sheet or pizza stone. Brush dough with remaining 1 tbsp olive oil and a sprinkle of salt. Pre-bake for about 5 minutes or until golden brown; remove from the oven.
4) Top crust: Using a large spoon, spread the base of pizza with sweet potato purée and sautéed onions and mushrooms, and top with cheese. Place back in the oven on the middle rack for 10–12 more minutes, until dough is crisp and cooked through. Remove from oven, sprinkle with arugula and balsamic vinegar, and serve hot.

Sweet potato perfection.

Sweet potato contains fiber, vitamin A, vitamin C, vitamin B6, and even protein. Some of these nutrients are found in its skin, so try leaving it on when making your puree.

ROMANCING THE STONE

While not an absolute essential for cooking, a pizza stone is every chef's favourite way to achieve a crispy, crusted, evenly cooked, restaurant-style pizza. Right at home. All these pies were cooked on one. A few brands to check out are:

Alva Pizza Stone 30cm · R299, *takealot.com*

Cadac Pizza Stone 33cm · R199, *pricecheck.co.za*

Yuppiechef Glazed Pizza Stone 33cm · R489, *yuppiechef.com*

PERFECTLY MADE

JUJU Bianchi

Model | @justjujuxo

Photographer Olly Vento | @olllyvento
MUA Juliana | @mymakeupmiami
PR by LA Media Group | @la.mediagroup

I am Juju Bianchi, a Brazilian model and fashion designer living in Miami, USA, for the last 2 years and New York for 8 years. I graduated in fashion design in Brazil in 2013 and became a model in 2017.

Such an absolute honor to have you on FHM! What are the plans this year for you? The honor is all mine! I was always a huge fan of FHM. I can say I started 2022 with the right foot! I am getting published in FHM what? This is so exciting.

What are you most looking forward to this year? Launch my bikini line, spend some time with friends and family and be in a reality show.

Top 3 best moments of your career? My 3 other publications for playboy penthouse and Volo, Music video I made with Future. I always admire him as a rapper when he started.

What would you say is your signature look? My Apartment which I bought with the money of my work. I feel proud of myself for achieving it.

What is the fastest way to get a smile on your face? I have always been very independent, everything I have in my life I got it all by myself. Of course, nobody gets somewhere all alone, let's say I had some help from some angels but everything I pretty much got by myself. Sometimes when I can't find the strength I just remember from where I came from and where I got, and I remember I got somewhere because I never gave up and the best way to do that is to have a good relationship with your inner self.

What are some of your favorite outdoor activities? I love hiking, doing some yoga on the beach, cycling, paddle boarding, watch a beautiful sunset

3 ultimate deal-breakers when it comes to men? lack of etiquette: I'm not expecting manners fit from the royal family but act appropriately, I want a gentleman not a caveman. Cheap: We all want to save money but counting Pennies is embarrassing. Obsessed with money: Don't try too hard to impress people let people get impressed with you. No one likes a materialistic person or being treated like a trophy.

Never have I ever...? Never have I ever actually laughed out loud when typing lol.

Top 3 myth busters when it comes to models? I don't like when people think Models are airheads, dumb and shallow. You have to be size 0 to be a model. All models are anorexic or bulimic blah blah blah.

What is the best way to approach you as an admirer? Know what you want to say and say it well. You only have a few seconds to get someone's attention so make the most of it.

Where can our readers catch up with you and stay updated with your work? Instagram and Twitter.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? I want to thank everyone who supports me and admires my work! I love you all and keep tuned for more.

Next-Gen Virtual Reality

Sony's latest PSVR 2 device is here!

A few years ago there was a boom in virtual reality, from the Oculus Rift to Google Cardboard to the HTC Vive. It seemed that the future was Virtual Reality. And then it went quiet. The technology wasn't quite up to scratch with complicated setups, nausea-inducing movements, and low res quality screens as well as a very high price point that kept VR out of the homes of the majority of consumers. Many felt the days of VR were over, yet in 2022 it looks like VR is making a strong comeback thanks to Sony's updated PSVR 2.

At CES 2022, Sony announced its next-gen Virtual Reality set, simply named the PlayStation VR 2, a headset specifically designed for the PS5. Sony stated that PSVR 2 will take VR gaming to "a whole new level" and that the headsets drastically improved specifications will allow "a greater sense of presence" which will allow players "to escape into game worlds like never before". Using the headset's new technology and the PlayStation VR2 Sense controller's haptic feedback and adaptive triggers, Sony believes it will be able to offer "a heightened range of sensations unlike any other", which sounds promising, to say the least. Of course, this sounds like marketing jargon, the real test will be once it's in the hands of gamers, but looking at the technology that is going into the new VR headset, one cannot help but get excited for what Sony has planned.

Sony has confirmed that the PSVR 2 does offer 4K HDR, a 110-degree field of view, foveated rendering, and frame rates of 90/120Hz. That is a massive step up from the first Sony VR headset. Building upon their innovations from PS5, PlayStation VR2 adds a true next-gen experience with high-fidelity visuals, new sensory features, and enhanced tracking – along with a simplified single-cord setup. For a high-fidelity visual experience, PS VR2 offers 4K HDR, a 110-degree field of view, and foveated rendering. With an OLED display, players can expect a display resolution of 2000×2040 per eye and smooth frame rates of 90/120Hz. With inside-out tracking, PS VR2 tracks you and your controller through integrated cameras embedded in the VR headset. Your movements and the direction you look at are reflected in-game without the need for an external camera. PS VR2 Sense Technology combines eye tracking, headset feedback, 3D Audio, and the innovative PS VR2 Sense controller to create an incredibly deep feeling of immersion. Headset feedback is a new sensory feature that amplifies the sensations of in-game actions from the player. It's created by a single built-in motor with vibrations that add an intelligent tactile element, bringing players closer to the gameplay experience. For example, gamers can feel a character's elevated pulse during tense moments, the rush of objects passing close to the character's head, or the thrust of a vehicle as the character speeds forward. Additionally, PS5's Tempest 3D AudioTech makes sounds in the player's surroundings come alive, adding to this new level of immersion.

With eye-tracking, PS VR2 detects the motion of your eyes, so a simple look in a specific direction can create an additional input for the game character. This allows players to interact more intuitively in new and lifelike ways, allowing for a heightened emotional response and enhanced expression

that provide a new level of realism in gaming. All of these advancements in PlayStation VR2, combined with the haptic feedback and adaptive triggers from the PS VR2 Sense controllers, enable players to feel and interact with games in a much more visceral way. PS VR2 will also have a simple setup process with a single cable connected directly to PS5, you can immediately jump into the VR experience.

Unfortunately as of yet, there is no concrete release date yet for the PSVR 2 or any pricing options, but experts believe it will be in the same range as the original price point of $499. Another drawback might be the lack of PS5's currently available, with Sony struggling to get their latest consoles out fast enough. Due to the PSVR 2 being a console exclusive, Sony might push back the launch date until they are happy with the amount of PS5 owners out there.

Regardless of the launch date or price, based on the technology in play for the PSVR 2, this guarantees to be a massive leap forward for VR gaming. Will it be enough to re-energize the VR gaming landscape or will it be a niche product as its older brother? Time will tell, but the promise of playing Half-Life: Alyx in full 4K, or experiencing Horizon Zero Dawn in virtual reality sounds like an amazing future for gamers.

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